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Police patrolling landfills in AH

by **CHAD INGRAM**
Times Staff

The Township of Algonquin Highlands has asked the OPP for increased patrolling of its landfill sites after a number of incidents involving the harassment of attendants.

"Sadly, incidents of worker harassment have been on the rise, particularly at our waste disposal sites," reads a release from the township. "There have been increased incidents of illegal dumping, failure to pay applicable fees, dumping without authorization, damage to property, theft, and other bylaw infractions. In an increasing number of situations, attempts by landfill workers to manage these situations are met with verbal abuse, harassment and threats. This is unacceptable. Waste disposal site rules and regulations exist to protect workers, protect the public and to protect the environment. It is required that every user of municipal waste disposal sites does so with respect and in accordance with rules and regulations."

The release stresses that all workers are entitled to a workplace free from harassment, and that any person who is abusive or

see ATTENDANTS page 15



Out on the water

Ten-year-old Kaylee Haywood laughs while sailing for the first time, as Haliburton County Youth Sailing Association volunteer Tom Oliver pilots the Laser class sailboat on Twelve Mile Lake in Minden. Hosted by the Red Umbrella Inn, the association is looking to not only introduce sailing to youth, but to provide a unique experience that fosters growth and builds self-esteem. See more on page 14. /DARREN LUM Staff

Health team proposal clears first hurdle

by **SUE TIFFIN**
Times Staff

The proposed Haliburton Highlands Ontario Health Team has made it through the first round of self-assessments, according to an announcement on July 18 by the Ontario

Ministry of Health and Long-Term Care.

The HHOHT, which brings together local health services organizations representing a full spectrum of health services, responded to the ministry's call for the establishment of Ontario Health Teams in May this year.

According to a July 29 press release from HHHS, in collaboration with HHOHT part-

ners, of 157 OHT self-assessments received, 31 teams have been asked to complete a full application and 43 teams, including the HHOHT, have been placed in the "in-development" category.

"According to the MOHLTC criteria these are teams that are close to being ready to

see CEO page 9



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Man drowns at Three Brothers Falls

A 40-year-old man from Waterford, Ont., drowned Friday, July 26 at Three Brothers Falls in Minden Hills, according to Haliburton Highlands OPP.

The man was kayaking with an eight-year-old girl when they capsized. Police said the girl made it safely to shore, but the man did not resurface.

OPP, along with Haliburton County paramedic services and Minden Hills fire department responded to reports of the drowning at about 1:50 p.m. Emergency personnel pulled the man from the water and pronounced him deceased.

The OPP said neither the man nor the girl were wearing life jackets.

Fatality on Cty Rd 503

One person was pronounced dead at the scene and two others were transported to a local hospital with serious but non-life-threatening injuries after a head-on collision on County Road 503 in Highlands East.

Haliburton Highlands OPP responded to the scene at approximately 12:40 p.m. on July 28. OPP tweeted at that time that the road had been closed on County Road 503 between Glamorgan Road and Irondale Road. Two vehicles were involved in the collision.

OPP Technical Traffic Collision Investigators attended the scene to assist with the investigation.

Names of those involved have not been released. The investigation is ongoing. Further information will be released as it is available

Norland area thefts

The City of Kawartha Lakes detachment of the Ontario Provincial Police is looking for the public's assistance to solve a number of property crimes in the Norland and Minden Hills area.

Since the end of May, eight different thefts have been reported to police. Items stolen include a truck, outboard motors, lawn mowers, laptop computers, and jewelry.

Police are asking the public to report any suspicious activity to the OPP's Provincial Communication Centre at 1-888-3100-1122 at the time it's occurring.

Anyone having information on this crime or any others is asked to contact the City of Kawartha Lakes OPP at 1-888-310-1122. Information can also be reported anonymously by calling Crime Stoppers at 1-800-222-8477 (TIPS) or by going to www.khcs.ca and submitting an anonymous tip online.



An early Christmas at South Lake Trailer Park

The turnout for Christmas in July at South Lake Trailer Park was bigger than ever this summer. Cottagers and residents all around the neighbourhood brought their children to see Mr. and Mrs. Claus hand out presents amongst cheers of joy and the sound of Christmas music. /VANESSA BALINTEC Staff



The Christmas in July parade consisted of decorated ATVs and golf carts, driven by parents with their children close by on July 27. To participate in the event, families were encouraged to bring in donations to the Minden Food Bank.



A little boy receives his present from Santa, who's been visiting South Lake Trailer Park for the parade for the past two years. "I love it, I think it's great. When you see all the participation, and everybody coming out, it's fantastic," said Santa Claus.

Seeking solutions for light pollution

by **SUE TIFFIN**
Times Staff

Patricia Walshe began a presentation on light pollution on behalf of the Climate Change Action Committee with a colourful photograph of a busy city streetscape showing a background of the brightly lit windows of tall apartment buildings and the blur of car lights as traffic zooms by.

“The picture is what most of us think of when you think of light pollution, and you think of Minden Hills and you think, we don’t have that problem,” she told councillors at the July 25 Minden Hills council meeting, adding that light pollution has changed dramatically in her time here. “We no longer have a dark sky. That’s just in four years. It’s a small problem, but one that can easily be looked at, at this time.”

Alongside fellow CCAC member Mike Johnson, Walshe presented to council on light pollution, a term used to describe the effects of outdoor artificial lighting on our biology and ecology. The dark skies initiative has three objectives: to preserve the dark night sky and to limit light pollution in Minden Hills without interfering with safety, security or placing unreasonable restrictions on commercial signage; to educate and create an awareness amongst all citizens of the township establishing a common culture of dark sky awareness, and to establish a set of guidelines around light pollution for the township.

Light pollution can prevent people from being able to relax in their home or get a good night’s sleep; alter the environment of nocturnal animals and disrupt ecosystems, and affect tourism if the typically dark sky allowing for astronomy in a rural environment is instead washed out with light, Walshe explained. About 35 per cent of all exterior light is wasted for not being focused in the correct place, resulting in wasted energy, she said, on several occasions citing darksky.org, an international association advocating for the protection of the night sky.

After researching the issue of light pollution in Minden Hills, the CCAC found there didn’t seem to be any local bylaws regarding light pollution outside of downward facing lights being suggested for commercial projects.

“I think there are a lot of complaints about light pollution, but they’re individual and people haven’t really looked at the problem yet,” said Walshe. “If we had bylaws, it would be easier for the staff, easier for everyone to just define what

is required, what isn’t.”

A graphic in the presentation showing examples of acceptable and unacceptable lighting fixtures – both which exist on properties in Minden – displayed lights that provide for “full cut-off,” light that is pointing down and shielded, and Walshe also noted that as well as the type of light being used, the colour of the light was also important in preventing light pollution. The presentation showed images of lights on properties throughout Minden, including along the highway, on residences and in the form of video screens, with Walshe pointing out which of those complied with dark sky regulations.

“We’d like to preserve our night sky,” Walshe explained. “We’re not trying to reduce the number of lights, we’re trying to take lights, use the correct lights and focus the light to where it is needed.”

Neighbouring communities have passed bylaws to darken their skies, while some – including Muskoka and North Frontenac – promote a dark-sky preserve.

“These are now becoming tourist destinations,” she said. “Haliburton depends on tourism so having dark sky bylaws would help us in that way.”

Mayor Brent Devolin said the presentation offered “interesting information,” that he has heard comments regarding light pollution more typically from people who live on the lake through cottage association annual general meetings, and suggested the Climate Change Action Committee begin an education and awareness campaign by reaching out to cottage associations to help modify behaviour.

Councillor Pam Sayne, who said she receives many calls from constituents about light pollution each year, applauded the CCAC’s initiative and said she thought the municipality, not the committee, has a responsibility to address education with both cottage associations and year-round residents. She said she wanted to go forward with a recommendation from staff.

“I think what the Climate Change Action Committee is asking for in terms of a policy and recommendations for new developments or ongoing developments and having a bylaw regarding lighting is an important motivation for us to consider, looking at tourism, looking at the health and safety of our residents,” she said. “I think it’s a critical issue.”

Councillor Bob Carter, president of the Lake Kashagawigamog Organization, said the issue has come up many times.

“People come and they’re putting lights on their docks, on the rocks outside the properties,” he said. “We had problems last year with the loons who started their season in the dark and then found themselves in a lighted situation, they had to move and abandon their eggs.”

Carter recommended touching base with the Coalition of Haliburton Property Owners’ Associations, as CHA has spoken to the issue before. He asked if the CCAC could recommend a bylaw as opposed to staff trying to create one, given the extent of the background of information the CCAC has.

“In the report, I have listed the actual bylaws for Huntsville, Gravenhurst and Muskoka, so that part is already done,” said Walshe. “I think that we have to be careful, there are probably aspects of the building code and things that we might not be as familiar with, so for us to actually tell you what the bylaw should be might not be completely appropriate.”

Sayne pushed for a draft bylaw, which Devolin said was “a couple steps from here.”

“The [International Dark-Sky Association] is very clear about what dark sky bylaws are and what is required,” said Walshe. “It’s an international group and it’s held up by countries all over the world. Most of the other areas that have adopted this have used that as a model.”

“Certainly I would agree with you, but we have to thread the needle,” said Devolin. “Those jurisdictions that have already done that and have done their due diligence will be most helpful.”

“My concern is that sometimes these are just ways that we never get to [an] actual bylaw,” said Sayne. “I don’t want to see us just get reports back, and discussions, and never get to the fact of addressing the issue. I’ve seen that before and I don’t want that to happen in this case, so that’s why I’m pushing that we move forward with a draft, do the research at this point.”

Sayne said she recognized this was the first time staff was being given the direction on the issue, but said she didn’t want to see it postponed like what she said had happened to other concerns brought forward from the committee.

Devolin said projects already put before staff from council were keeping staff busy, without much excess time unless they bumped another project from the list of priorities.

“Councillor Sayne, I would suggest there are multiple councillors in favour of this, so you’re not the only one, I promise, that will be pushing forward,” said Councillor Jennifer Hughey.



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**CIVIC HOLIDAY
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REQUEST FOR TENDER #CSD 19-01

The Township of Minden Hills requires one (1) New 2018/2019 Tri-deck 12 ft. Pull Behind Rotary Finishing Mower intended for use in municipal parks operations. The deadline for submissions is August 12, 2019 by 12:00 noon. A public opening is scheduled for the same day, August 12, 2019 at 2:30 PM, in the Administration Building, 2nd floor boardroom, located at 7 Milne Street, Minden Ontario. The RFT document can be viewed on the municipal website at www.minden hills.ca/tenders/

COUNCIL MEETINGS

Public Welcome

Meetings are held at 9:00 AM in the Minden Council Chambers, 7 Milne Street.

Aug 29 – Combined COTW/Regular Council Meeting
Sept 12 – Committee of the Whole Meeting
 For Council, Boards & Advisory Committee meetings, visit www.minden hills.ca

Note: Council meetings are reduced to one (1) for the months of August and December.



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Treated Township water is available beside the Old Fire Hall on Pritchard Lane. Cost is 25 cents/4 litres.

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'Moovement' Against Alzheimer's comes to Norland

by SUE TIFFIN
Times Staff

Craig and Carolyn Traynor gather with friends and patrons in their Norland gift shop, A Zebra of a Different Stripe, talking about the ceramic cow figurines colourfully collected on a display in front of them.

"I have 16, by the way," said one friend.

The responses pipe up from the crowd.

"I have two." "I have six."

"I have nine. For other people. One spoke to me, and then they spoke to me for everyone else that got one. You look and go, I know who that cow's for!"

There are sounds of agreement around the room.

"This is like a guilty pleasure for everyone," laughs Craig. "Hi, my name's Craig, I have five cows."

The display is a miniature version of a CowParade, a public art event showcasing up to 150 creatively designed and decorated life-sized cows made of fibreglass that has its origins in Zurich in 1998 and Chicago in 1999 and has since been exhibited in 79 cities worldwide. More than 5,000 cows have been designed by more than 10,000 artists including Edwina Sandys, Kate Spade, and Christian Lacroix and purchased by celebrities including Ringo Starr, Elton John and Oprah Winfrey, raising more than \$30 million for worldwide charitable organizations.

"They chose the cow because it's universal, every country loves them, people love cows," said Craig. "And the shape of them, they're kind of rectangular so it lends itself to a landscape for artwork."



Craig and Carolyn Traynor of A Zebra of a Different Stripe gift shop were joined by friends from throughout the Norland community as well as representatives from the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland and Haliburton at a July 25 event celebrating a \$2,529 donation collected through the store's CowParade campaign./SUE TIFFIN Staff

A CowParade is on display throughout a town or city for about two to four months, at which point the life-size works are auctioned off and replicas are made from some of the works on display.

Some of those replicas, there are about 500 of them, are what are on display in A Zebra of a Different Stripe. The idea came to the Traynors after they moved to Norland to be

closer to Craig's dad, who has Alzheimer's disease. Unpacking their belongings, Carolyn found a cow she had been gifted from a friend.

"I opened up this box, and there it was, the cow, and I was like, oh my gosh, I wonder if we could get it here," she said. "It's really a cool thing."

"We just thought it was really neat, so we researched, found out more about it, and we found out they weren't here," said Craig.

The Traynors now believe they are the first to bring CowParade to Canada. They said they can imagine bringing a life-sized cow and a CowParade exhibition to the Highlands – Craig even has ideas of designing a Gord "Cow"nie cow, or perhaps a Gordie "Cow"ie – but it's an expensive endeavour.

"They usually pick artistic environments to do this, so we were really trying to promote Haliburton, but it takes some funding to get there, for the cow parade," he said. "I don't know who else is selling them, they're typically at art galleries, like the art museum in New York and select galleries, they're not in little mom-and-pop galleries."

But here they are in the Traynors' eclectic and cozy gift shop in Norland, which opened last year on the May long weekend. They said customers have found that their purchased cows have gone up in price – some are available on eBay for hundreds of dollars.

"I've walked in so many times and said, 'OK, I want that one and I want that one and I want that one,'" said Jerri Frappier. "I have a lot of people in my family or my friends who have all had Alzheimer's. I donate to the

see PORTION page 5



Craig Traynor of A Zebra of a Different Stripe gift shop in Norland presents a \$2,529 donation to Susan Fisher and Allison Walsh, representatives from the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland and Haliburton.

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Portion of sales donated to Alzheimer Society

from page 4

cause.”

The Traynors donate 10 per cent of all CowParade purchases to the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland and Haliburton, and on July 25 they gathered with members of the community to present a cheque of \$2,529 to client support co-ordinators representing the agency. The funds come from the Traynors' donation after selling almost 150 cows, and also from additional donations that customers have added in support of the local Alzheimer Society. Already more than 12 have been sold toward the next cheque.

Nancy Dollin purchased five that evening, each chosen carefully for their designs or theme to suit family members' personalities or interests.

“The community's been unbelievable, not just buying the cows and supporting the cause, but even by looking after Dad while I was gone,” said Craig.

“I think it's a really good cause, and they're fun, and they're happy,” said Carolyn.

The donation to the local Alzheimer Society will help fund programs that are provided free of cost to clients, including support groups, individual support education, and Minds in Motion, a social recreational program for people living with dementia and their caregivers.

“This money will directly support people within the Kawartha Lakes, Haliburton County as well, so this is going to impact maybe people you know,” said Allison Walsh, client support co-ordinator for the Alzheimer Society as Craig presented the cheque.

“Maybe even yourselves,” added Susan Fisher, client support co-ordinator.

A Zebra of a Different Stripe is located at 8021 Hwy 35, Unit 2, in Norland. For more information about the CowParade initiative, visit cowparade.com. For more information about the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland and Haliburton, visit alzheimer.ca/en/pklnh.



A Zebra of a Different stripe provides mini replica cow collectables based on CowParade, the world's largest public art event, staged in over 79 host cities, supporting charities and non-profits of choice through “herds” of life size cow statues presented in an event.



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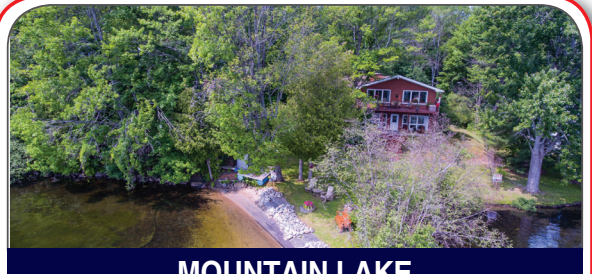


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Not fine

FOR THE SECOND consecutive week, I am writing a column about landfills in Algonquin Highlands, which, in more than a decade of writing these things, has to be some kind of record.

Last week, I wrote about council's rightful decision to forgo a transfer station at the Hawk Lake landfill when the site is closed in a couple of years' time. This week, I'm writing about the ongoing, increasing and abhorrent harassment of landfill attendants by some township residents.

As a story in this week's issue explains, the Township of Algonquin Highlands has taken the extraordinary step of asking the OPP to regularly patrol its landfills in order to reduce these incidents.

These incidents include landfill attendants being sworn at and called names that we would never print in this newspaper. This behaviour is obviously far beyond acceptable. It is not fine.

These incidents seem to stem from situations where people have forgotten or not brought their landfill cards with them, are unhappy to learn they must pay a fee for the disposal of certain items, etc., etc.

Landfill attendants are of course simply doing their jobs by enforcing these regulations. They don't make the rules. Council does.

As Algonquin Highlands Mayor Carol Moffatt wrote in a social media post regarding the situation, "If you don't like the process, you call your councillor, you write a letter, you make a delegation or you participate in the fully public

process that sets the hours, rules and fees; you don't bully up the contract landfill workers."

Presumably, the people harassing landfill attendants are not going to swear at the mayor, or any other member of council, for that matter. Frankly, the reality is there is a segment of the population who feel fine displacing their general life stresses and anger onto people who work service jobs. We've all seen it. The woman berating the grocery store cashier, or the man yelling at the guy behind the fast food counter. It's a sad and pathetic part of the human condition. And it's not fine.

So, if you happen to be one of the people who's sworn at a landfill attendant and you happen to be reading this, I'm going to be so presumptuous as to suggest a couple of things. The first is that you take a long, hard, introspective look at yourself, and the second is that you think things through very logically. Do you think the guy you just swore at has not recorded your licence plate number? Vehicles are traceable. You're traceable.

The other thing is that now that the township is taking these measures involving staff and police resources, it means that all residents of Algonquin Highlands are involved, because a portion of our tax dollars is being spent to deal with your bad behaviour.

So, perhaps instead of wasting a bunch of public money, you could just spend a few dollars on the anger management therapy you seem to require.

Thanks.

**CHAD INGRAM**
Reporter

Kwarky



"Shhh! Pretend we're not home."

Why you really need fishing glasses

THIS WEEK I finally broke down and bought a new pair of fishing glasses. This is an essential piece of gear every angler should have in summer because a) they cut the glare on the water and allow you to see into the depths, which is useful when figuring out structure such as weed beds, rock shoals and b) they also allow you to keep track of your lure and fish. Then there is c) they protect your eyes from errant hooks.

Most importantly, however, is d) they allows you to encounter people in skimpy bathing suits without having to look like a Marty Feldman impersonator. This last part is probably just as important as all the rest combined.

Here's a good example why.

The other day I was mind-ing my own business fishing, when a couple approached me and began a polite conversation about what I was catching and then about fly fishing in general. Normally, I am pleased to have conversations like this – especially since they only witnessed the pretty casts. Unfortunately, these people were in bathing suits and, if you combined both of their garments, they couldn't have collected enough material to make a kid's bow tie.

It is at times like these that an angler is happy he or she is wearing quality fishing glasses. Had I not been wearing them, they might have seen the look of sheer horror in my eyes – and once people like these sense fear they begin putting on sun tan lotion.

As it was, I quickly answered a couple of questions and found a subtle way to immediately remove myself from the conversa-

tion. I told them I was feeling an imminent onset of Montezuma's Revenge. Then I ran off with buttocks intentionally clenched.

It was a close call, but at least I got out of there with my dignity intact.

Of course, not just any fishing glasses will do in a situation like this.

Here are a few things you should look for in a quality pair of fishing glasses. First, fit is critical. The lenses should be close enough to your face to reduce the amount of light that comes in, but not so close that –

when your eyes pop out of your head, as they will in situations like these – your eyeballs don't collide with them.

Next, they should be good dark lenses so no one can see what is going on behind them. If you have light lenses, this is just startling. To the people you are talking to, your eyeballs will look like two birds continually smashing into a plate glass window.

Last, your glasses should fit tightly onto your head. I tend to use a leash or crazy glue to keep them in place. That way they don't fall off at an inopportune time, like when people in skimpy swimsuits break out in a spontaneous volleyball game or decide to recreate the opening scene from Baywatch.

That's all you really need to know about fishing glasses and why they are so important.

If you have these bases covered, you will be able to go fishing anywhere, including clothing optional beaches and be able to hold your head up high – which, if you think about it, is better than holding your head down low in places like these.

**STEVE GALEA**
Beyond 35

IN OTHER WORDS

Columns and Letters to the Editor

Get lost in the woods

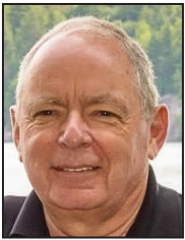
THERE ARE times when the best thing anyone can do is to get lost in the woods.

I don't mean seriously, dangerously lost. We always should know where we are in the woods, and exactly how to get out of them.

I mean far enough into the woods where we cannot hear, see or feel the madness of the human world. Far enough in to concentrate on the natural world, which is quieter despite being as busy as our own, if not busier.

As the famous Scottish-American naturalist John Muir once said: "And into the forest I go, to lose my mind and find my soul."

There is much going on in the woods, although we see or hear only a miniscule part of the activity: Leaves rustle in a breeze. A crow squawks a warning of your presence. A dried twig snaps under the hoof or paw of an animal that does not want to be seen.



JIM POLING SR.

From Shaman's Rock

Animals signal and speak to each other but usually their talk is heard by human ears only when they raise alarm. Even trees and plants communicate, although we never hear them and could not understand their language even if we did.

Most of what is going on back here is unseen and unheard because it is happening beneath the forest floor.

"A forest is much more than what you see,"

ecologist Suzanne Simard, a University of British Columbia forestry professor said during a TED Talk a couple of years back.

Simard and other researchers have found that trees communicate through microorganisms called mycorrhizal fungi; basically a beneficial fungus. These fungi are extensions of a tree's root system. They form intricate networks that spread out and explore the soil, grow into niches and send resources back and forth between trees.

Simply put, fungal networks are a secondary root system. Simard has said hundreds of miles of fungal network can be found under one human footstep.

They help to share among tree communities water, carbon, nutrients, and even warn of danger, such as an invasive insect burrowing into the bark of one or more trees.

We have barely scratched the outer bark of the forest in terms of what it has to teach us. Scientists like Simard continue to probe the mysterious working of the forests, uncovering information about the importance of biodiversity, plus ideas for better forest management and for helping to control the effects of climate change.

We unscientific types, however, can learn much just by going into the forest to reflect. The woods offer lessons to those who enter them with clear minds, and the patience to absorb what they have to teach.

One lesson is that we are part of the natural world and should behave more like it.

For instance, forests teach of us that we can communicate without yelling. When you look around the forest you see no greed, no anger, dislike or envy. Any violence can be attributed simply to getting what is needed to survive.

Also the forest teaches us to work together instead of competing for resources. Look at ants. They work tirelessly as a team creating their living systems. No one group does all the work while others watch from the sidelines. All work together.

And, we should remember that the forest is a place where the colour of your bark does not matter. Diversity is critical to forest life, and to human life. The web of life is weakened every time one species, no matter how different, small or insignificant, disappears.

We spend much time worrying about larger species, such as whales and rhinos. These are important, of course, but most important are the complex webs of organisms that include not just animals but plants, insects, fungi and bacteria.

If a type of whale becomes extinct, that is a tragedy with some impact on human life. If some unseen organisms become extinct it is possible there will be a chain reaction with major impact on our lives.

Also, concern about forests and protecting their biodiversity seems much focused on the tropical rain forests.

Our temperate forests are vital as well, and that is why we all should spend more time getting lost in them – figuratively.

Mindful eating

I WILL ADMIT that I practice mindless eating. The funny thing is that I love eating but I don't seem to enjoy it because of the "inhale" method of food consumption that I tend to use. The worst part is that I love eating and watching Netflix at the same time. That is the most dangerous combination ever. There aren't even any commercials that will break the momentum that builds up in an episode of *Suits* or whatever has my attention. When an article on mindful eating arrived in my inbox the other day it caught my attention. A closer look into this methodology was required.

Being mindful means being present in the moment. It provides the opportunity to acknowledge and accept feelings, thoughts and bodily sensations in that very moment. This is not a new phenomena. It's an ancient practice that's been around for centuries. Thankfully, it can be applied in so many aspects of our lives today...especially when it comes to food. Here are some ideas to get you started:

- Begin at the grocery store: Never, ever go shopping without a list. That list should include the things you consume on a weekly basis like milk, eggs, fruits and vegetables. In addition, choose and plan out a couple of meals that you will prepare during that specific week and add what you need to the list. If you're someone who doesn't mind leftovers plan on making enough for a couple of meals.

- Eat when you're hungry but not starving: We all make better choices when we're not ravenous. Eat nourishing foods regularly throughout the day. Doing that will eliminate the scavenging behaviour that can result in eating peanut butter from the jar with a spoon while trying to decide what to have for dinner.

- Use small plates and bowls: Large portion sizes are the biggest contributor to overeating. Many of us hate to leave food

on our plates. Starting with a smaller plate helps with portion control and it satisfies our need to finish what is in front of us. We can always go back for more.

- Appreciate the food: Taking a moment before digging in provides the opportunity to become present and be grateful for the food that is in front of us. Hard work went into getting it to the plate whether it was the people harvesting it or preparing it or the work we had to do to pay for it. There is value in every bite so every bite should be savoured. Think about that for a moment.

- Bring all of the senses to the table:

Slowing the process down means we can appreciate the colour, texture and aromas of various foods. There is a natural beauty that can be easily missed when we're not paying attention.

- Take small bites and chew: Aside from the enjoyment slowing down eating brings, it is also much better for the digestion process. Nutrients from the foods are better absorbed

when the food is completely broken in the mouth. Take small bites and puree that food before swallowing. Put your utensils down and pay attention to flavours rushing around your mouth.

Food is something that we need to survive. Does it really matter if we establish mindful eating habits? I believe it does. It's one of those "long game" kind of things. The difference won't be felt in one sitting. I also believe that practicing mindful eating will be a difficult habit to establish. There will be times when it's easy, and times when it's next to impossible. So do what you can. That's what I'm going to do.

Something to think about.

Laurie Sweig is a certified personal fitness trainer and spinning instructor. She owns and operates The Point for Fitness. She can be reached at laurie@thepointforfitness.com.



LAURIE SWEIG

Practical Fitness



Black bear in the wildflowers. /Photo by Tammy Nash

Environment Haliburton wants quicker action on climate change

by CHAD INGRAM
Times Staff

Citizen group Environment Haliburton would like the County of Haliburton to expedite the creation of its climate change plan.

Environment Haliburton member Susan Hay visited county councillors during their July 24 meeting. The County of Haliburton is in the process of creating a climate change plan. The idea is to create one cohesive plan, for the upper-tier of the county itself and its four lower-tier governments. This will include the creation of working groups of municipal staff, as well as consultation with the respective environmental committees of each of the four lower tiers, as well as other stakeholders and the public at large. The county will hire a climate change co-ordinator later this year to draft the plan itself. The plan will look at ways the municipalities themselves can become more sustainable in their operations, as well community-wide initiatives to reduce emissions.

Hay updated councillors on the activities of Environment Haliburton, including a recent focus on composting. The group is producing a video about the practice of composting at home, and Hay stressed that personal choices are an effective way to help battle climate change. There is currently

no stream for organic waste within the county's landfills, but the municipalities of Dysart et al and Highlands East have recently purchased a bulk order of composters and digesters that will be available for residents to purchase. Digesters are similar to composters, but can process materials composters do not, such as meat byproducts. Hay encouraged Minden Hills and Algonquin Highlands townships to get involved in the program as well.

"Algonquin Highlands had composters for years," said Algonquin Highlands Mayor Carol Moffatt, but added perhaps it was something the township could start doing again.

Hay listed other initiatives Environment Haliburton would like to see the county's municipalities undertake, such as the installation of electric vehicle charging stations, and the planting of more trees.

"We should be planting trees wherever possible, especially in areas prone to flooding," Hay said.

Hay was also critical of municipalities maintaining ice in arenas on a year-round basis.

"I can't imagine any arena can consider having ice all summer long when we are facing an existential climate change crisis," she said.

She also wondered if it was possible for the county to speed up its climate change planning process, with the plan expected to be fully complete for 2021.

"Is it possible to expedite the climate change plan?" Hay

asked councillors.

"Personally, I can't see moving any faster than what we've outlined as far as a climate change plan," said Algonquin Highlands Deputy Mayor and County Warden Liz Daniels.

Councillors responded to Hay's presentation by listing environmental initiatives taking place within their municipalities.

"Dysart is looking at electric charging stations," said Dysart et al Mayor Andrea Roberts, noting that while there is currently no money budgeted for the purpose, the introduction of charging stations is being discussed at the committee level.

Minden Hills Mayor Brent Devolin said the 98 per cent of the material from the demolition of the old arena in Minden had been diverted out of the landfill, with the metal being salvaged and recycled.



Tag Day in Minden

Donelda MacLean collects donations for the Minden Health Care Auxiliary outside Canadian Tire on Friday, July 19 as part of the annual Tag Day fundraiser. Members of the auxiliary thank the community for \$2,100 in donations collected. /Photo submitted by Marie Lennard and Anne Stephens

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Still time to register

Michigan residents Haley Jensen, left, and mother Stacy share a laugh after cheering on Brett Ibbotson in the five kilometre run at the Highland Yard last year. The Highland Yard is this Sunday, Aug. 4. Organizers say it's not too late to register or donate. The three top fundraisers (Neil Campbell, Dave Jones, and Susan Russel) have collected more than \$8,000 for Places For People. Visit www.highlandyard.ca and click on the pledge button and follow the cues to find their names. Or if you know of another registrant, select them instead. If you wish to register, visit www.highlandyard.ca and click the register button. /

DARREN LUM Staff



County tests electronic engagement platform

by CHAD INGRAM
Times Staff

Haliburton County council will see if it can increase the level of civic engagement in the community as members agreed to purchase a one-year subscription to an online consultation service.

"It's an online consultation tool, that's what the public will see," said county planner Charley White, as she explained the platform to councillors during a July 24 meeting. "But on the back end, it does a lot of the analytics for us."

Called Bang The Table, White said the service, which will cost nearly \$17,000 for a year's subscription, is used by small and large municipalities alike.

A report from White indicated the tool is used by 750 organizations and engages approximately nine million people globally.

"Their online community engagement platform can be tailored to the County of Haliburton, specific to an unlimited number of public consultation projects," the report reads. "The service includes tools to host and encourage conversations, allow residents to participate in surveys, identify locations on mapping, and interaction within our targeted community. Related documentation can be posted for public review and comment, including direct communication options with involved staff members."

"The subscription includes built-in custom reporting, analytics and analysis tools to see user activity, demographics, project and site summaries," the report continues. "The reporting features compile and sort data for the county by project, to showcase insights, common trends using charts and graphs which can be exported for analysis and policy development. Included in the service is the ability to compare outcomes individually and across projects. The website is monitored, to ensure peer to peer interaction and commenting is appropriate and topic related."

Councillors were supportive of the idea, Algonquin Highlands Mayor Carol Moffatt saying it seemed worthwhile to try a more exciting, modern way of trying to engage residents, and pointing to the historically low level of community engagement in local politics in the county.

"Look at today's meeting, there's nobody here," Moffatt said, referencing the empty public gallery. Of some 8,000 eligible voters in Algonquin Highlands, Moffatt said about 70 subscribe to council agendas online. White said that during the county's last official plan review, just 11 members of the public provided feedback.

"Obviously the public wants us to be more and more engaged with them," said Minden Hills Mayor Brent Devolin, saying it was worth trying out for a year.

White said that if the county's four lower-tier municipalities wanted to be added to the service, that could happen for a drastically reduced price, an addition of perhaps \$5,000 or \$6,000.

CEO 'delighted' with feedback on health team

from page 1

submit a full application and have demonstrated a high degree of readiness," reads the press release. "These applications will receive active and targeted support from the MOHLTC to get them ready for full application later this year. HHOHT's application demonstrated a high degree of commitment to a shared vision of patient and community engagement, governance and accountability and the partners will continue to build on these strengths as they move forward in the application process."

Earlier this year, the MOHLTC announced changes it was making to the Ontario health system, including one integrated team of health care providers working together for client needs; a medical record that both the client and health-care providers can access; and 24/7 help in navigating the public health system.

"Ontario Health Teams are being introduced to provide a new way of organizing and delivering services in local communities," reads the ministry's website. "Under Ontario Health Teams, the health care providers you see (including hospitals, doctors and home care providers) will work as one coordinated team – no matter where they provide care."

HHOHT partners include Haliburton Highlands Health Services; Haliburton Highlands Family Health Team; Point in Time Centre for Children, Youth and Parents; Kawartha North Family Health Team; Midwifery Services of Haliburton-

Bancroft; Extendicare; ParaMed and CarePartners.

"HHHS is delighted with the positive feedback and is excited to move to the next step of making a seamless health care experience in the Highlands a reality," said Carolyn Plummer, president and CEO at HHHS in the press release. "We are excited to continue building on the success of the strong partnerships that already exist, and to identify new opportunities to proactively improve health outcomes for our patients and overall wellness for our community."

The press release states that the, "HHOHT partnership would also be supported by affiliate organizations, who have indicated they expect to collaborate with the HHOHT as it develops; these include the Haliburton Family Health Organization and the Haliburton County Paramedic Service. Other supporters of the HHOHT proposal include the Haliburton-Kawartha-Pine Ridge Public Health Unit and Central East Seniors Care Network as well as the Peterborough Regional Health Centre and Ross Memorial Hospital."

Notice

Traffic disruption Sunday morning, Aug. 4.

Please allow extra time due to restricted road use on Deep Bay Road and Orde St. between 8 a.m. and noon. The Highland Yard Committee and Places For People thanks you for your patience.

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UPCOMING EVENTS

AUGUST 8 – Haliburton Highlands Time Travelers – Classic Vehicle Cruise Night
 Kawartha Dairy – 6:00 PM

AUGUST 14-18 – Canadian National Whitewater Championships, Minden Whitewater Preserve

AUGUST 16 – Paddling Film Festival – World Tour – Minden Hills Cultural Centre
 7:00 PM

AUGUST 21 – Minden Hills Sidewalk Sale 11 AM

AUGUST 22 – Haliburton Highlands Time Travelers – Classic Vehicle Cruise Night
 Kawartha Dairy – 6:00 PM

AUGUST 22 – Outdoor Movie at the Museum
 8:30 PM. Bring your chair! Admission and concession items by donation. Sponsored by Minden Home Hardware and TWP of Minden Hills

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Fisher faces ups and downs in cycling journey

by VANESSA BALINTEC
Times Staff

Bruce Fisher has completed his week-long journey from July 3 to 9, battling intense heat to get to Courtright, Ont. from Minden Hills to raise money for the Haliburton County Special Olympics Red Wolves.

"The first day I left, I did beat most of the heat," said Fisher, who arrived in Orillia after his first day of cycling. "The next day, everything went wrong at the get-go."

After missing his alarm clock and sleeping in, and leaving his room locked with all his belongings in it and costing him another hour, Fisher got lost heading into Barrie. Going onward into Alliston took almost twice as long as it normally would – around five hours – as the heat became too much to cycle through.

By the time he got into Alliston, another problem arose. "I discovered that my room wasn't available," said Fisher. "I woke up the next morning and I had gone about five kilometres and had started to feel really sick. I assumed it was the heat the day before that got me, so I phoned my wife and told her I was only going to ride 20 kilometres to Hockley Valley and asked her to pick me up to take me to my bed and breakfast just east of Arthur. I had to cut about 100 kilometres out of the middle of the run, because of the heat and the way I was feeling."

After getting lost in New Hamburg, and tweaking his cycling routes to avoid the brunt of the heat, Fisher finally drove into Strathroy with his son, and rode the rest of the distance into Courtright.

"If I ever decide I'm going to go for another bike ride, I told everybody I know to shoot me," said Fisher. "Don't let me do this!"

Even though it was a difficult trip, Fisher is proud of his fundraiser campaign and the support he garnered for the Red Wolves.

"We made close to \$5,000," said Fisher. "They were happy."



Bruce Fisher has completed his ride to Courtright, Ont. from Minden Hills, raising money for the Haliburton County Special Olympics Red Wolves. The ride raised nearly \$5,000.
/VANESSA BALINTEC Staff

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Township passes on consultant in revitalization

by **SUE TIFFIN**
Times Staff

Minden Hills council has opted to turn back to the community rather than hire a consultant to get input into a main street revitalization project.

Emily Stonehouse, economic development, destination and marketing officer, returned to council on July 25 with research into three different consulting firms, which she conducted under council's direction from a June 27 council meeting.

Stonehouse noted it was a general inquiry she was presenting, to determine if council wanted to use a consultant to help plan use of main street revitalization initiative funding to properly implement the newly adopted community improvement plan.

A total of \$43,031 was allocated to Minden Hills through the province's Main Street Revitalization Initiative, for projects aimed at supporting and benefiting small businesses. A meeting held among stakeholders in April 2018 brought forward suggestions including public washrooms; a park for children to play; and beautification efforts.

So far, \$6,000 has been used for downtown murals, \$7,000 will be used for decorative lighting in August 2019 and \$30,031 is the remaining amount available for community improvement plan consultation and implementation. Any funds remaining after that would be used for the original projects proposed, according to Stonehouse's report. She has in the past presented a list of items on which that money could be spent that included the aforementioned projects as well

as \$5,000 for waste receptacles in downtown Minden; \$5,000 for benches; \$1,500 for custom planter boxes; \$10,000 for additional planters; \$1,500 for hanging baskets; \$1,000 for event signage; \$5,000 to beautify the bus stop area at Minden Mercantile and Feed Co., and \$1,000 to upgrade shrub beds.

Stantec, which presented a community improvement plan to the township in June, declined working on the project. Stonehouse found Stempski Kelly Associations was able to conduct the project for approximately \$20,000 while MBTW/WAI could do so for \$30,000. Staff recommended Stempski Kelly Associations for being more community-minded.

Councillor Jean Neville said she still had an objection to using the money for consultants, noting she thought the committee of shareholders who had previously engaged on the topic should be involved.

"I think that's really important that we're thinking of spending this money on a consultant instead of for positive changes on the main street, because I think between staff and some business owners that have done an excellent job, some of them, so far, that this could be done internally with this group and not have to spend that money on a consultant," she said. "I mean, \$20,000 or \$30,000 could do a lot to revitalize the main street, and that's what it was intended for. I just don't like spending money on consultants or something that I think is possible to be done by people living here."

Stonehouse said she had talked to some businesses and said "it kind of goes right down the middle with what people want, to be totally honest." She noted it was benefi-

cial for her to hear what councillors thought was the best option for the community.

Councillor Bob Carter said he agreed with Neville, and said he "could not be more against us going out and getting another consultant." He said that since he first ran in last year's election, he's had people come to him to tell him about the committees they had been on in the past, and the reports they had developed regarding projects like the Riverwalk.

"I'm sure we probably have a number of reports that are sitting on the shelf that tell us pretty much what we should be doing in the downtown area," he said. "...we have real things that need to be done, whether it's garbage cans or flowers, or park benches or whatever. I'm sure that this committee is capable of doing or deciding what needs to be done. I don't want to pay for a consultant who's probably going to just rebrand one of those names on there, and change the name of the town and give us the same report they've been giving everybody else, and we pay \$20,000 to get a colour palette or something like that. I understand there's more to it, but boy, I would really like that we spend money on actually doing something as opposed to a consultant."

Mayor Brent Devolin said that in his four-and-a-half years on council, "we can't even get the business community to create a BIA," despite multiple opportunities.

Deputy Mayor Lisa Schell said she agreed with Neville and Carter, and that if there was more funding, she could understand hiring a consultant, but with the money available, it could buy a lot of "tangible things" that the community would see.

"And I think there's enough experience and whatever you want to call it, good taste, within the community services and the economic development department, that I think between Emily and Mark [Coleman, community services director] they could make some decisions that would benefit everybody and we'd have something we can touch," she said. Councillor Jennifer Hughey said that she admitted she had suggested to Stonehouse to look into Stantec to use as a consultant, but after seeing the amounts of money the township had spent on consulting previously, had reconsidered.

"And I think we all trust Emily to make the best decision," she said.

Neville again said the downtown business shareholders meetings had been productive and she expected the group would be happy to have a consensus on what the downtown area looked like. She said she anticipated that the committee would make decisions that "would be better than good."

"...and you'd have Made in Minden, and that's what it should be, and it would be Made in Minden by the people involved and they would be much more supportive and proud of it if they did it themselves, along with Emily and Mark, of course," she said.

Sayne said she had recently returned to her hometown and had taken note of their spending toward accessibility.

"It was just amazing to see this little town where I grew up which is like Minden in so many ways, and what they've incorporated," she said. "I think that we can do that as a municipality and we have the ability to

see IDEAS page 19

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Youth set sail on Twelve Mile Lake

The Haliburton County Youth Sailing Association has officially started, as the rain held off long enough for its first two participants to start the process to learn to sail on Monday, July 29 on Twelve Mile Lake in Minden. Hosted by the Red Umbrella Inn, the association is looking to not only introduce the sport of sailing to youth (from eight to 24 years old), but to provide a unique experience that fosters growth, empowers and builds self-esteem. This is a pilot year for the program, which is a "condensed" version of the CANSail program, focusing on boat safety, boat parts and sailing basics. See www.overwater.org for more information. The association is still welcoming volunteers to help and donations are always needed./

DARREN LUM Staff



Haliburton County Youth Sailing Association volunteer Tom Oliver pilots the Laser class sailboat with learn to sail program participant eight-year-old Madelin Haywood on Twelve Mile Lake in Minden.



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Workshop to help caregivers avoid burnout

by JENN WATT
Editor

Our communities and our health-care system relies on unpaid caregivers – the spouses, adult children, friends and neighbours who step up to provide care for loved ones.

Sometimes, that help can stretch on for months or years, become a full-time job for some, and cause the caregiver additional stress.

“The stress you’re experiencing having to watch that person and make sure they’re safe, that’s where the struggle happens, emotions and all that stress. It’s about chronic stress, really,” said Melissa McNamara with the Central East Local Health Integration Network.

McNamara is organizing a free six-week workshop called Powerful Tools for Caregivers starting Aug. 27, which meets every Tuesday for an hour and a half in Haliburton.

“It’s for any caregiver, but what we’re trying to do is avoid the burnout,” she said.

McNamara described burnout as “total physical and emotional exhaustion,” when the caregiver feels overwhelmed by day-to-day activities, and enjoyable things no longer bring joy.

In the beginning, caregivers might tackle their new challenge in the way they handled tending to a child home with the flu: staying home and dedicating all of their time to look after them. But over time, this level of exertion can cause problems.

“A lot of times what happens is caregivers get so overwhelmed by what they’re doing and become burnt out that they become ill themselves,” she said.

Powerful Tools for Caregivers gives attendees permission to take care of themselves and learn the skills they need to manage the situation, things like how to navigate conflict and protect your own boundaries.

McNamara said organizers with the Central East LHIN noticed several years ago that there wasn’t enough being offered for caregivers and she and a colleague travelled to the U.S. to train in the caregiver support program.

“We’re actually the first organization in Canada to deliver this workshop,” she said.

Workshops have been delivered within the region, but never in Haliburton.

The workshop (and accompanying workbook) is free, paid for by the Ministry of Health and Long-Term Care, and can accommodate up to 12 people. This workshop is geared to adults taking care of adults, though those who care for children with complex needs could also benefit. Scenarios addressed include things like downsizing, having discussions on long-term care, and when it’s no longer safe to drive.

Powerful Tools for Caregivers runs every Tuesday from 1 to 2:30 p.m. from Aug. 27 to Oct. 1 at Haliburton Highlands Health Services, Haliburton site in the Ruth Parkes Room. Pre-registration is required. Call 1-866-971-5545 or visit www.ceselfmanagement.ca.

Attendants being sworn at, threatened

from page 1

disrespectful to staff may be refused service, or have their access to waste disposal sites suspended, restricted or terminated.

Algonquin Highlands Mayor Carol Moffatt told the *Times* there has been an escalating disrespect of landfill attendants taking place in the township during the past few years.

“There has been a huge increase in the number of people swearing at landfill attendants, and calling them names,” Moffatt said.

She said incidents happen in such situations as people forgetting their landfill cards, not wanting to pay fees for the disposal of certain items, or disliking the instructions they receive from landfill attendants.

While the mayor said it’s understandable that everyone has a bad day from time to time, “we’ve been letting people have bad days for a couple of years now.”

The police have been called regarding a number of incidents, and residents can expect to see police presence at the township’s

waste disposal sites.

Moffatt said there have also been increases in incidents of theft from the landfill, giving the example of someone using a van and trailer to cart off a load of metal.

“That’s theft,” Moffatt said. “We sell the metal. It’s not a huge revenue generator, but it’s a revenue generator. So people are stealing from themselves.”

Moffatt condemned the behaviour in a post on her Facebook page.

“Harassment, threats, theft and dump-and-dash just doesn’t cut it in a civilized society,” she wrote. “Shame on those who can’t conduct themselves properly.”

The mayor added if residents are unhappy with the process at landfill sites, there are ways to address that.

“If you don’t like the process, you call your councillor, you write a letter, you make a delegation or you participate in the fully public process that sets the hours, rules and fees; you don’t bully up the contract landfill workers,” Moffatt wrote.



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Community of Making looking to grow

by VANESSA BALINTEC
Times Staff

Members of Haliburton's Community of Making are brainstorming ideas on how to expand their network of partnerships that give people access to technology throughout the county.

On July 23, members representing the Haliburton museum, Haliburton Highlands Secondary School, community radio station, Haliburton County Development Corporation, municipal government, arts sector, residents, the Haliburton Forest, and the library gathered at Canoe FM to discuss the program's next steps.

"The library and college have taken the lead on this," said Jim Blake, arts council consultant for the HCDC. "At this point, it's time for us to look broader at the whole Community of Making so it's not just seen as, oh the library is doing this, it's that we're all doing this together in some way."

“

It's time for us to look broader at the whole Community of Making ...

— JIM BLAKE

”

According to Blake, funding for the library to upkeep this program will partially end by the end of December. This presents an opportunity for an application to be submitted to the Ontario Trillium Foundation this fall for a Grow Grant, which could come in this spring.

The planning of the Community of Making's next steps came as it was announced that SIRCH Community Services has received a Seed Grant from the Trillium Foundation to invest in Repair Cafés, fixed meeting places where tools are available for community volunteers to repair a variety of items.

"As of yesterday, we got the grants to do the Repair Cafés," said Gina Robertson, executive director for SIRCH Community Services.

According to Scott Michael Walling, co-ordinator for the Centre of Making at Haliburton School of Art + Design, thanks to their centre, people have access to equipment that can economically expand their creative enterprises.

"One of the artists in the area, she does mixed media works, after a while she heard of the laser cutter at the college," said Walling. "She came up with an earring design. She is now fully capable of coming into the Centre for Making and using the laser, and I don't need to babysit her. She does these laser cut earrings, and they sell like hotcakes because she comes in all the time and makes these giant sheets of these."

Ideas include getting a mobile unit to transport the program throughout the community or investing in a set location for people to visit for all their creative techno-



On July 23 at Canoe FM, members from different parts of the county got together to discuss the Community of Making's next steps for growing the program. A discussion circle ensued, with Jim Blake from the HCDC starting the conversation as people brainstormed ideas around the room. /VANESSA BALINTEC Staff

logical projects.

One potential short-term solution could be to set up an interactive map for people to access online that allows them to see where to go for what type of service, which generated murmurs of support throughout the room.

"For the last little while I've been thinking of an interactive map kind of thing, where it shows the county, and then it shows all the little hubs of little things you can do," said Walling. "But when you click on it, just like in Google Maps, it comes up with a list of inventory of things you can do at that space,

and how to access it."

Barriers to the organization's growth and success include transportation, funding, space, staffing, differing interests from profit and non-profit partnerships, and consistency in programming and marketing.

"We've done the work, we've done the branding, we've got the domain," said Nancy Therrien, programming and outreach co-ordinator for Haliburton County Public Library. "There's a structure there, it just needs to be built and co-ordinated."

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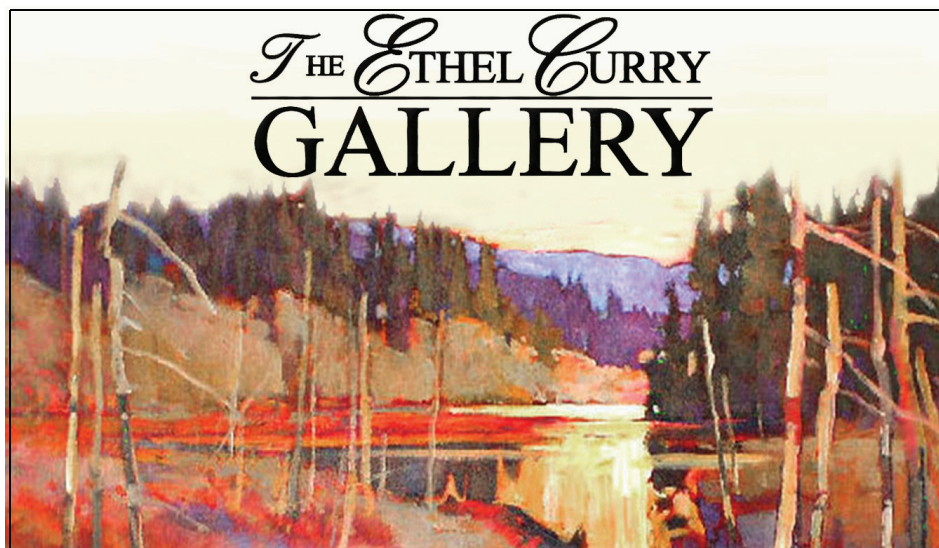
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Bake sale in Dorset Aug. 4

DORSET NEWS

Lee Ross
burgesslt@me.com

On Sunday, Aug. 4 there is a bake sale at the Dorset Parkette from 9 a.m. to noon with home-baked goodies from the kitchen of Camp Dorset. 100 per cent of the proceeds will go towards community projects.

On Sunday, Aug. 4, new vendors are welcome at The Arts, Crafts and Antique Show is in the Dorset Parkette on Hwy 35 across from the Dorset Recreation Centre. The sale is from 9 a.m. to 4 p.m. For more information contact 705-766-9968. Yoga with Allie is back in Dorset on Fridays from 9 a.m. to

11 a.m. A single class is \$20 and a five-pack costs \$80. Class fee is paid to the instructor. Contact Allie at allie@ahimsa.ca.

Wednesday night movie nights take place at the Dorset Recreation Centre from 6 to 8 p.m. Admission is by donation and popcorn is free. Treats available to purchase. Movie list as follows: Aug. 7 – *Mr. Poppers Penguins*, Aug. 14 – *Madagascar*, Aug. 21 – *Puss in Boots*.

Dorset Day Camp is for children ages five to 13 years old. The camp is open Monday to Friday from 8:30 a.m. to 4:30 p.m. Half days are also available. A half day costs \$15.41, a full day \$21.84. Please ask about our weekly rates and sibling discounts. For more information call 705-766-9968.

Happy birthday to Elissa Boughen and Gord Wright. For birthdays and submissions please send them to burgesslt@me.com.



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Around the County

Ideas for streetscape to come from committee

from page 13

do that, and that's where our designing and consulting money should go. I think that we do have the artistic ability, we have the motivation of people downtown that want to work together. The BIA, yes, that has been a quagmire for a very long time, and I don't think that's the best model, so why don't we just say that's not the best model, and see what comes up in a more rounded way."

Township CAO and treasurer Lorrie Blanchard said she thought there needed to be clearer direction in order to spend the downtown revitalization money and also move forward and implement the community improvement plan. She asked if council still wanted a plan, or no plan at all.

"This is a 180-turn direction, just so you know today," said Devolin.

Carter responded that he wasn't dizzy, and so was "good with that." He suggested having a list of extras, like what has been done for the arena project. He said it wouldn't please everybody but would offer a way to prioritize.

Stonehouse said she would be happy to strike a committee, but raised concerns about the upcoming deadline for spending the funds, which is March 31, 2020.

Sayne said she too liked the idea of a community committee, but said that at this busy time in the summer season, it might be difficult to pull people together.

"I know there's lots of great ideas out

there, I hear them just walking down the street," she said. "You could be doing this, why aren't you doing that? I can't go from one end of the street to the other without hearing some really good practical ideas ... I like that idea of a committee."

Stonehouse said there had been a committee prior to her start with the township, who had narrowed down what the funding should be spent on.

Carter said if a list already exists, he was "pretty certain there are going to be some things on that list that are pretty obvious," and said Stonehouse and Coleman together with a new committee or the committee of the past could spend money to fund those things.

"I'd think you go with the list," he said. "We've been creating lists forever, let's start working on what's on the list."

Blanchard said there is a need for a colour palette and streetscape design, and said that hopefully by the end of September, Stonehouse could gather "enough folks" to help with those kinds of decisions.

"Some of the money was going toward flowers, in my opinion that's a one-shot deal," she said. "Flowers die, next year you no longer have that money, so it would be nice to order things that are a little more permanent with those funds." She said the committee would help move forward toward a formalized plan that could be used to implement the CIP.



100 Women Who Care lend a hand to auxiliary

At their last meeting at the Dominion Hotel, 100 Women Who Care, Haliburton County, chose the Minden Health Care Auxiliary as the recipient of the funds raised. From left, Mickey Bonham from the MHCA, Marie Lennard and Anne Stephens, co-presidents of the MHCA, receiving a cheque for \$6,600 from Tina Palmer and Sandra Slauenwhite-Box, of 100 Women Who Care. These funds will be used by the auxiliary to purchase several pieces of new equipment for the emergency department in Minden and for Hyland Crest, the long-term care home. For more information about 100 Women Who Care, check out their Facebook page. For more information about the MHCA, drop in to their gift shop in the lobby of Hyland Crest, any day except Saturday, from noon to 3 p.m. / Photo submitted by Mickey Bonham

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Kernels of knowledge about sweet summer corn

by CHRIS DROST
Special to the Times

Summer wouldn't be summer without the taste of delicious sweet corn smothered in salt and pepper with butter dribbling down your chin. This year however, the Ontario sweet corn crop is late and likely smaller than in recent years due to the unusually cold and wet spring that farmers faced. An article in the *Windsor Star* by Sharon Hill on July 18, quotes one farmer who has been in the business for 45 years as saying he has never seen anything like it. The long, cold spring made it difficult for farmers to get out on the fields to plant.

Sweet corn as we know it, is not something that grew naturally in the wild. In fact, all

our present-day corn is apparently descended from a wild grass called teosinte, found in one area in Mexico. About 9,000 years ago, the original cobs were only about one-tenth the size of a current day cob. Gradually, the growing of sweet corn, or maize, spread to Central America and eventually, probably about 1,000 years ago, to North America.

According to an article in *Science Nordic*, "5,000-year-old cob reveals the origins of corn," dated Nov. 22, 2016, corn now accounts for one-fifth of all the world's calorie intake.

Sweet corn is best eaten fresh-picked. In fact, corn can apparently lose 25 per cent of its sweetness after one day of being picked.

Each unit of corn is described as an "ear" of corn. According to Wikipedia, this comes from the ancient word, "ahs" which meant

"husk of corn" in English.

Sweet corn is not only a favourite summertime food, we in North America have taken the love of this tasty food to the next level. One quick check on the internet reveals that there must be hundreds of sweet corn-themed festivals across Canada and the U.S.

In the region south of Haliburton County, fall corn mazes have become popular. Sweet corn events include everything from shucking competitions to corn eating contests to a variety of foods containing corn such as corn fritters, popcorn and caramel corn.

Eating hot buttered sweet corn is always a challenge. A hot cob is known to burn the fingers and there seems to be no way to eat it without making a mess. In 1921, etiquette expert Lillian Eichler Watson, wrote "without a doubt corn is one of the most difficult

foods to eat gracefully." She also said that eating it with your fingers is permissible.

In 1977, two men, Larry Rier and George Spector, decided to address the issues with using those spike style corn holders and applied for a patent for a "corkscrew" style holder. There are even little corn shaped plates for individual cobs and razors to remove all the kernels. Butter holders, often used at community events, allow the corn eater to roll the cob in the pound of butter without having to worry about using a knife.

Some people like to barbecue their corn in its husks, some pop it in the microwave, others boil it in milk and butter and others simply boil it in water. Whatever way you choose, the good news is that with the late spring, the sweet corner season in Ontario is expected to extend well into the fall.

Highlands book launch celebrates Mister Rogers

The first picture book biography of Fred Rogers of Mister Rogers' Neighborhood fame will be launched in Haliburton County. Aimee Reid, the author, has vacationed in the Haliburton area for years. She is delighted to bring out her latest book while here.

"My family loves the Haliburton Highlands. We have returned year after year to this beautiful place where we've always appreciated the community," Reid says. "I'm certain that Mister Rogers would find many good neighbours here."

The book, *You Are My Friend: The Story of Mister Rogers and His Neighborhood*, is published by Abrams Books. It chronicles Fred Rogers' childhood and traces the profound influence that his grandfather had on Fred's life and future television program. Fred's maternal grandfather was named Mr. McFeely – the name that Fred later gave to the deliveryman on his program. Grandpa McFeely told Fred, "You've made this day a special day by just your being you. There's no person in the whole world like you, and I like you just the way you are."

Reid will launch her book on Aug. 7 from Master's Book Store in Haliburton (195 Highland Street), which recently celebrated

its 40th year in business. Anyone who drops in during the event is eligible to enter a draw for a \$50 store gift certificate. Reid will also visit the Minden and Dysart branches of the Haliburton County Public Library on Aug. 8 and 9.

The book is already generating great reviews, including a starred one from Booklist. Kirkus called *You Are My Friend* "worthy of the incomparable Mister Rogers," which is praise that Reid cherishes.

"Young Fred Rogers was told by his grandfather that he could be loved just as he was. My greatest hope in writing this book," says Reid, "is that other children would hear those life-changing words and take them to heart."

Those who can't attend the launch or library events can still enter to win prizes that celebrate Mister Rogers' legacy. Details are

available on Reid's website: <http://www.aimeereidbooks.com/blog>.

All are welcome at the local, free, family-friendly events:

Aug. 7 – Drop by Master's Book Store (195 Highland Street) anytime from 10:30 to 12 and 1:30 to 3 p.m. to have Reid personally sign your copy of *You Are My Friend*. Also, enter a draw (no purchase required) to win a \$50 store gift certificate

Aug. 8 and 9 – Join Aimee for a story time beginning at 10:10 a.m. Enjoy puppets, music, a book reading, and a giveaway. (Copies of *You Are My Friend* will be available for those who wish to purchase one.)

Aimee will be at the following branches of the HCPL: Aug. 8 at Minden; Aug. 9 at Dysart.

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SUDOKU

			4		9			
	9						4	
	1		6				7	3
		2	5			7		
		6	9	3				2
		8		1		5		
				6	1			
		4						9
2			3					

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Answers on page 22

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Highlands Storytellers Circle

When: Thursday, Aug. 1, 7 to 8:30 p.m.
Where: Canoe FM Radio Hall
Bring a story to tell or just come to listen.
All welcome, no charge.
For more information call Bob at 705 457 8617

Gord Kidd & Friends at Midnight Madness in Haliburton

When: Friday, Aug. 2, 7 to 10 p.m.
Where: Shoppers Drug Mart parking lot in Haliburton
Gooderham's 2nd Annual Music Festival
When: August 3, 11 a.m. to 9 p.m.
Where: Robert McCausland Community Centre
Rick Fines, The Recycled Teenagers Featuring Sherri Hawkins, Gary and Rough Ideas, Old Yonge St. Ban, The Rockin' Bobs. Bring your chair. We will have tents up for shade, food vendors and other vendors.

The Kinmount Artisans present "The Artful Canoe" Show & Sale

Saturday, Aug. 3, 10 a.m. to 4 p.m.
Kinmount Artisans Marketplace
Free admission & refreshments

Canning Lake Association, Family Fun Day

When: Saturday, Aug. 3, 11 a.m. to 1p.m.
Where: Ingoldsby Park

Kushog Lake Annual Picnic

When: Saturday, August 3, 11 a.m. to 3 p.m.
Where: Pine Spring Valley Resort, Hwy 35 at Pine Springs (approximately 3.5k north of Ox Narrows)
Everyone on Kushog Lake is welcome!
Contact Susan Harvey 705-489-2657

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Ced Hurd Memorial Swim

Coordinator: Greg Platt 705 457-282
When: Saturday, Aug. 3
Registration: 9 a.m., Race start: 10 a.m.
Where: Leinauer's Beach to Curry's Beach

DSLPOA - Novelty Swim Day

Saturday, Aug. 3
Location: Podmore Beach Time 2 p.m.
Coordinators: The Booth Family 705-457-2998
"Please bring your kayaks with you."

DSLPOA - Fun Day and Hot Dog BBQ

Sunday, Aug. 4 at 2 p.m.
Location: The Fish Hatchery, 6712 Gelert Rd
Coordinator: Brian Hentschel 705-457-1022
Rain date is Monday, Aug. 5, 11 a.m.
Call Barb for confirmation or check website.

Canning Lake Association, Sailing Regatta

When: Sunday, Aug. 4 - 10:30 a.m.

Moore Lake Property Association Annual Golf Tourney

When: Sunday, Aug. 4 - 7:30 a.m.
Where: Beaverbrook Golf Course - Minden

Haliburton Church presents Sizzlin' Summer Service 12 in the Park

When: Sunday, Aug. 4 at 10:30 a.m.
Where: Head Lake Park, 13 York Street, Haliburton
Everyone welcome! Bring a lawn chair or blanket. Shade tent provided. Rain location at Lakeside Church.

"Rock Our World," Haliburton Highlands Land Trust Fundraising Dance

Where: Haliburton Legion, 719 Mountain St, Haliburton
When: Friday, Aug. 9
Time: doors open 6:30 p.m. to 11:30 p.m.
Admission: early bird \$30, after July 9 \$35
Gather your friends and come out to support the HHLT for this evening of fun and dancing! Enjoy the opening band, "Nick and Benton" and silent auction to start, then live music by "Jamie Williams Entertainment" until 11:30 p.m. Enjoy appetizers, entertainment, and a live auction! A great time for all! Funds raised will go towards protecting the land you love for future generations. For tickets go to www.haliburtonlandtrust.ca or phone our office at 705-457-3700.



Students get creative

Hans Vandermeij from the town of Innisfil adds some extra details to his dammed pour paintings on the third day of taking multidisciplinary visual artist Kim-Lee Kho's Acrylics - Explore, Express, Experiment art class on July 24 at Haliburton School of Art + Design's summer program run from the Haliburton high school. /VANESSA BALINTEC Staff



Above left, students from OCAD graduate Brad Sherwood's youth/teen archery class practice their fencing forms as they begin to duel on July 24 at Haliburton School of Art + Design.

Above, as part of his two-part course, Brad Sherwood watches over his students during the archery portion of the day. Students ranging from nine to 14 years old draw their bows and prepare to shoot.

**Ingoldsby
Pioneer Cemetery
Decoration Day Service
Sunday August 11th
at 2 pm
Guest speaker will be
Barb Fawcett**

Notice – Zion Cemetery

The Zion Church property situated at 1021 East Road, Township of Algonquin Highlands, consists of two parts:
1) the land occupied by the church plus the lawn and parking area (owned by the church),
2) the active cemetery (owned by the church but operated by the Township).

The Congregation of Highland Hills United Church (HHUC) is selling Zion Church. In order to do so, the active cemetery (Part 2) will be severed from the Church Property and deeded to Algonquin Highlands who will continue to operate it. In order to complete the process, the plan of the severance have been given to the Registrar of the Funeral, Burial and Cremation Services Act, 2002.

Should you have any questions, please contact Bruce McClennan, Chair Trustees, HHUC, 705-286-2644.
Plans may also be reviewed through the same contact. These plans are subject to the approval of the Registrar, Funeral, Burial and Cremation Services Act, 2002.

Telephone: Bereavement Authority of Ontario
647-483-2645 or 1-800-493-6356



In Tammy Rea's youth/teen movie making class, students work on editing their movie together a day after filming wraps up for their movie, "Alice in the Sculpture Forest."

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6	9	7	1	5	3	2	4	8
4	1	5	6	8	2	9	7	3
1	3	2	5	4	8	7	9	6
5	4	6	9	3	7	1	8	2
9	7	8	2	1	6	5	3	4
3	8	9	7	6	1	4	2	5
7	6	4	8	2	5	3	1	9
2	5	1	3	9	4	8	6	7

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Garage Sale MONDAY Aug. 5th Starting at 8 am 1017 Miners Bay Rd., beside the Miners Bay Church *at the foot of the Rock Cut.* Antiques, furniture, china, glass, MBL items, old school desks, crystal, wooden boxes, advertising items, books, old toys etc.

Our Annual GIGANTICO Garage Sale Location: **1003 Moonrise Bay Lane (off of Hospitality Road) South Lake, Minden.** Date: Friday Aug 2nd 8am-4pm and Saturday Aug 3rd 8am-1pm. Be sure to check it out! *Lots of items for sale!*

200 FOR SALE

Kona Fire Mountain 24 speed bicycle (ridden 3 times by a little old lady, seriously) \$300, **Massive Mad Dog** kayak with paddle \$100, **folding drafting table** \$20. Call 705-935-1164.



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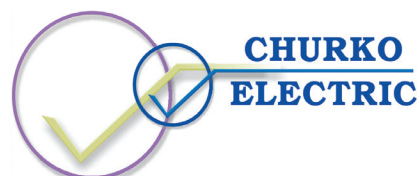
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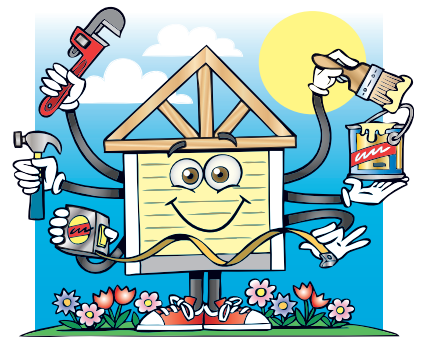
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We wish to thank our family, friends and everyone
who sent cards, phone calls, food and condolences.
To Dollo's Foodland for the lovely
trays of food for the reception.

Special thanks to Barry, Kirsten and staff
at Gordon Monk Funeral Home for all their care
and kindness to us during this difficult time.
God Bless you all,
Liz, Debbie, Benji, Kristopher & Taylor



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Monday, July 17, 1989

Highlights

Ministry says no to sewer line

No funds

The Haliburton County Snowmobile Association is looking to the townships for part of the funding needed to upgrade their trails, but so far they've been told the well is dry. Please see page 2.

Riding club

There are hundreds of horse owners, or would-be horse owners, in Haliburton County who would love to get riding more often. Now there is a club designed to encourage just that. Please see page 6.

Algae

South Lake cottagers and homeowners are concerned about the quality of their water and the ever-increasing presence of algae in the lake. This topic and others came up at their annual meeting. Please see page 18.

Order lifted

Minden Council has agreed to allow its by-law enforcement officer to again speak with the press. Please see page 7.

Jamboree

Two Minden youths are packing their bags and heading off to Prince Edward Island to take part in the Seventh Canadian Scouting Jamboree. Please see page 8.

Back lots

A report from Minden's planner sheds some light on what should be taken into consideration when determining what is and what isn't a back lot. Please see page 14.

by Jay Kerr-Wilson

The future of the resort sewer line extension on Lake Kashagawigamog is once again in doubt.

The Ontario Ministry of the Environment has announced that no provincial funding will be available this year to start construction on the project.

The Ministry's new estimated combined cost of the sewer extension and the expansion of the Haliburton sewage treatment plant is \$7.7 million.

At last Monday's regular meeting of council, Dysart's Deputy-Reeve Bill Davis said he found the Ministry's announcement disturbing and he feels the province's decision may have something to do with criticism of the planned sewer expansion that has come from an Ingoldsby property owner.

Kevin Walters wrote a letter to the Ministry of the Environment stating his opposition to the project, based on data he's collected. Walters is an engineer who says he has a background in water pollution control. He claims that water quality in the Lake Kashagawigamog chain has deteriorated since the Haliburton sewage treatment plant first began operation and any increase in the amount of effluent will cause further damage to the lake environment.

"This guy says he has an environmental background but he believes raw sewage is better than treated sewage," said Davis. The Deputy-Reeve said the people who live on the Kashagawigamog chain should be in favour of the sewer line extension.

The municipality has been asked not to release the details of the engineer's draft report until the ministry has completed a final review and made any necessary changes. Once Dysart has received the final report, meetings will be held to allow public input.

Reeve Murray Fearrey says he doesn't blame property owners on the lake chain if they are unsure

(more on page 7)



Minden OPP Constable Mike Maybee couldn't 'bear' to hold back a grin when his cruiser was covered with all the "Good Bears On Patrol" that arrived at the detachment Friday morning. Each cruiser will now be equipped with one of these fuzzy little bears to be given to children who find themselves involved in traumatic occurrences.

Grin 'n
'bear' it

Grin and 'bear' it. All the OPP cruisers at the Minden Detachment will now have a little passenger, whose job is to comfort children involved in traumatic occurrence.

More than a dozen of the "Good Bears on Patrol" arrived at the detachment last Friday and will now be permanent passengers in the police cruisers. Officers will give the little brown bears to children involved in traumatic occurrences, such as serious car accidents, missing children, abandonment, domestics, neglects, or assaults.

Sergeant Steve Adam says this province-wide program, which is sponsored by the Telephone Pioneers Association of America, is just great. He says occurrences of this nature happen in this area a few times a year and it's nice to be able to give the kids a stuffed bear to hold onto and ease the tension of the situation.

The purpose of the Good Bear is two-fold. It provides a source of comfort to the child and establishes a bond between the officer and the child.

Dump access limits save big bucks

The controlled access to the Stanhope Township landfill sites will result in significant savings to the township, councillors stated at last Wednesday's meeting.

It will also limit the possibility of unlawful dumping of hazardous chemicals.

The revised hours for the landfill sites went into effect at the end of June, generating some complaints from residents and cottagers who are used to utilizing the

sites at their leisure. However, council is confident that once people get used to the new hours the complaints will disappear.

"After a few weeks, people will get used to the hours and it won't be as much of an inconvenience," Deputy Reeve Ann Barker said Wednesday in response to questions from Art Wall, who was representing the Maple and Beech Lake Association.

In the mean time, council is anticipating significant savings in the costs to maintain the sites. By having an attendant on hand at the sites during open hours, the garbage is all put in the proper places. Brush can then be burned and metal can be removed, leaving less to be buried.

It costs from \$5,000 to \$6,000 to backfill the three lots, which, in the past, should have been done every

eight to 10 days. Part of that cost involved the time spent moving and separating the garbage. Backfilling will now be needed less frequently and will take less time because the garbage should already be in the proper places.

Another important bonus to having an attendant at the sites is that they can watch what is being dumped

(more on page 8)

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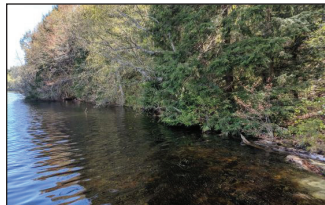
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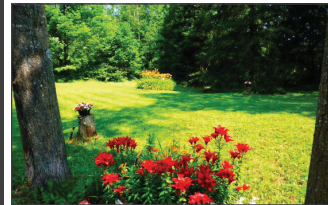
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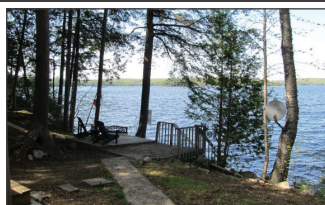
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Gloria Carnochan*
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& Andy Mosher**
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- One of our premier lakes, great boating, fishing & more!



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David Lee*
286-2138 x 27

Black Lake \$429,000

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Brandon Nimigon*
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Karen Nimigon**
457-6505

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- On a 3-lake chain W/ rippled sand shore & West Exp.



Kirsten Rae*
286-2138 x 30

Holmes Road \$43,000

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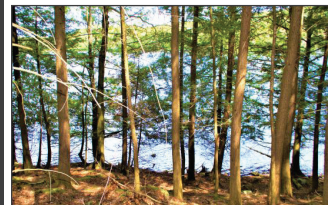
NEW PRICE



Darlene Reil*
447-2055

Esson Lake \$479,900

- Large cottage, 3 bedrooms, with great view
- Good shoreline, 100 ft of waterfrontage



Christine Sharp*
286-2138 x59

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- Over an acre of land
- Steps from Sir Sam's ski hill
- Easy access



Greg Stamp*
457-2128 x 28

Hunter Creek Estates \$124,000

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- New flooring, freshly painted, new electric furnace
- Located on a large corner lot, minutes to Minden



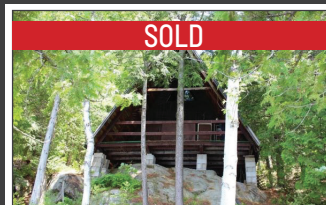
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Gull Lake \$1,700,000

- Spectacular custom-built 4,252 sq ft home
- 5 bedrooms, 3 baths, full walkout basement
- 190' rock-shelf frontage, 1.25 acres of privacy



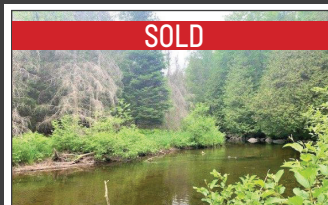
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SOLD



Andrea Wilson**
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